

CONGRATULATIONS on your NEW Smile!

Your veneers were custom manufactured to an extraordinary degree of precision for your unique and individual smile. To keep your gorgeous smile at its best, you should take care of your veneers as you would anything precious, and as you would your natural teeth.

Recommendations for the care of your GlamSmile Veneers

- Avoid any actions that would be considered harmful to natural teeth such as nail-biting, open bottles, chewing on pencils and if you are going to enjoy a crunchy apple, cut it up and eat it. The same goes for pulling meat off the bone; enjoy your meal - just be aware that you have thin veneers on your natural teeth.
- Please also do not chew chewing gum. The constant chewing of anything in one place will weaken and fracture the veneer.
- For the first 3 days please do not floss your teeth and be very careful with the veneers – they are going to take you a while to get used to, so be kind to yourself.
- For 2 weeks after your veneers have been fitted, please make a conscious effort to eat white foods and stay away from things that would stain a white tablecloth.
- IT IS VERY IMPORTANT to wear your prescribed protective guard at night.

We would have given you a take home whitening kit at the end of your appointment:

- Keep that splint in your mouth for an hour as the whitening gel we have used in the splint is stronger than the one we have given you to take home.
- Wash out the tray with COLD water and place it in the container we have supplied.
- Every night for about 10 days brush your teeth normally but while whitening your lower teeth, brush your lower teeth with water, dry your teeth with a cloth and then place a small amount of gel in the 8 front teeth of the splint and wear that for ½ hour at night.
- When you have finished whitening your lower teeth, keep wearing that splint as a night guard and keep it in the container and away from pets.

Your veneers can't change colour. They are made from top quality porcelain and if you look after them you can get many years of enjoyment from them. Excessive consumption of coffee, tea and red wine as well as cigarette smoking will increase the chances of superficial staining. As with natural teeth, it is best to keep exposure to these stain-causing agents to a minimum. However to remove these stains, your dentist can re-polish your teeth.

If your GlamSmile dentist is not your usual dentist, made him/her aware that an ultrasonic cannot be used on your veneers.

Finally, we welcome referrals so if you refer a family member or friend to SmileOnPerth we would like to acknowledge your referral in some way so please ask them to mention your name.

But most importantly, there's no need to hide your teeth anymore! So don't forget to **SMILE, SMILE, SMILE!**